



1 in 4

older adults
reported a fall
last year.

More than one out of four aging adults fall each year, but less than half tell their doctor.

COVID-19 has limited activity for many, increasing deconditioning and the risk of falls. It is important to examine factors that can cause falls, and identify modifications that can prevent them.

Falls in older adults are a growing concern.

What can be done? While some factors are unable to be modified there are many that can. Take steps today to lower your chances and stay independent longer.

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STRATEGIES TO REDUCE RISK OF FALLS

Speak up



Talk to your doctor if you feel unsteady or when you have a fall.

Medications



Consult with your pharmacist about medications that make you feel dizzy or sleepy. Discuss your need for Vitamin D supplementation to support healthy nerves, bones and muscles.

Keep Moving



Strengthening the legs and maintaining flexibility can help prevent falls. Enroll in a virtual Tai Chi class or seek a customized program from a Physical Therapist.

Eye Sight



Get annual eye exams and update your eyeglasses prescriptions as needed.

Footwear



Wear well-fitting shoes with good support inside and outside the house. See a foot specialist for any concerns.

Home Safety



Remove tripping hazards such as rugs and cords, install hand railing in bathrooms and stairs and make sure every room has plenty of light.

For more tips and strategies on fall prevention, or to schedule a free screening, scan the code below or visit coraphysicaltherapy.com.



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